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HOUSEHOLD CALENDAR

A radio talk by Mrs. Rowena Schmidt Carpenter, assistant to the Chief, U.S. Department of Agriculture, Bureau of Home Economics, delivered through Station WRC and 31 other stations associated with the National Broadcasting Company, Eastern Standard Time, Thursday, September 5, 1929.

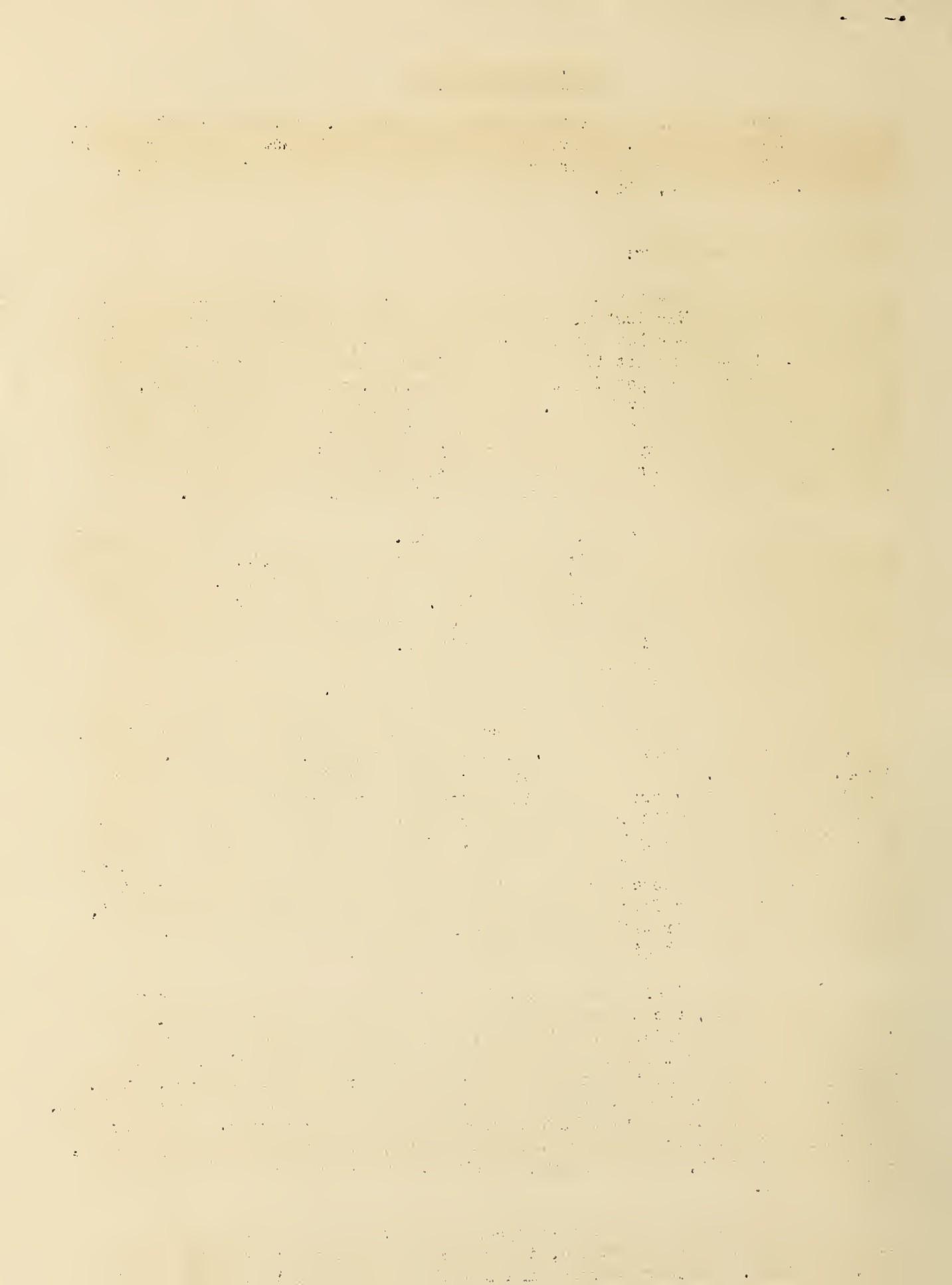
How do you do Homemakers!

We have all had a holiday since my chat with you last week, and a hot day it was here in Washington. But one thing that impressed me especially in the midst of the Labor Day festivities suggested the subject for my talk with you today. It was the hot tired little children dragging themselves along to be on hand for the big parade, some of them cross, many of them sleepy, and most of them getting very hungry. And of course, many of them were stuffing their empty little stomachs with everything that venders offer the holiday crowd. I could not help wondering how many of these same children would be tortured with the castor oil bottle on Tuesday because of digestive upsets from eating the wrong thing when so tired and overheated on Monday.

You know at once what I am about to say. It is not a word about keeping children home from a gay parade or from the parks on holidays, but it is a good many words about arranging so that they do not get too worn out, and seeing at the same time that they have wholesome food. It is always possible to take a few sandwiches or some fruit along for the little tots, even if the family intends to be home in time for lunch or dinner. Children cannot wait past their regular mealtime as well as adults (and as a matter of fact eating at irregular times isn't too good even for us grown-ups). But children use up their food quickly through their great activity, and by the time they begin to be hungry, or even long before, they see all sorts of tempting things offered them, and then the coaxing begins. Now ice cream cones, crackerjack, popcorn, candy, soda water, and all of the other childhood delights that the holiday concessions men offer are not bad in themselves; in fact, they can very well serve as a treat for little stomachs to stow away on top of foods not so sweet or so quickly satisfying to the appetite. Sugar or foods containing a good deal of sugar are such a ready source of energy that they take away the desire for a time for other foods needed to build bones, teeth and muscle, and to provide a slowly used form of energy. When these other needs have been met, there is no reason for withholding sweets. Their place is at the end of a meal, and not at the beginning or in place of meals.

You may be thinking that a few indiscretions in eating are a part of the holiday spirit, and can scarcely be serious enough to worry about. But when I notice how many of the children who go along the streets or through the parks munching and sipping without their parents' supervision, I often notice at the same time that these children show very marked evidences of mal-nutrition, evidences that do not come from unwise eating on one or two holidays, but from bad food habits that have stretched over a long period. Of course a holiday may not have been the beginning of pampering these little appetites, but sometimes it is, and oftentimes festive days are the excuse for letting down the bars.

Now that school is about to open, and there will be fewer hours for children to play in the sunshine, it is especially important to think about good nutrition. Outdoor exercise and sunshine do wonders to develop healthy



appetites, and to stimulate growth, and sunshine even provides one of the necessary vitamins. Hours spent inside over school books are necessary, but growing children must be protected with the right foods to compensate for such rigorous discipline to little minds and bodies. Examine your children today for the signs of good health and good nutrition. See that their bodies are well-built and sturdy, that their backs are straight, their shoulder blades are even and padded with a little flesh, that their chests are deep and broad, their muscles firm and sufficient; their legs straight and their ankles and knees of normal size; that the arches of their feet are strong. Look at their teeth to see that they are even, that they close well, and that they have no cavities; look for good color in their cheeks, lips eyelids, and the lobes of their ears; see that their eyes are bright and clear, and have no puffiness or dark circles underneath; note the condition of the skin which should be neither too dry or too moist. And when you have made these examinations of external condition, determine that your child's body is in good running order because his expression is alert, his breathing is unobstructed, his tongue is clear, red and uncoated; his breath is sweet, his nerves steady and his disposition cheerful; and he is growing normally, showing proper weight for his height, age and type. In other words, find out that your child is ready to withstand a long winter in the school room or the nursery at home.

If you want definite suggestions about child nutrition, let us send you bulletins on this subject from the Bureau of Home Economics, in Washington.

And now goodbye until next Thursday, Homemakers.

